

2022 Website Program Description



Timeline Basics Virtual Retreat

Travel in Time to discover and better understand your Total Self in this LIVE online virtual retreat.

Virtual Program

\$725.00

2 1/2 days

Prerequisites

[Gateway Experience](#)

[Gateway Voyage](#)

[Gateway Voyage Virtual Retreat](#)

Only one of the prerequisites above is required

Travel in Time to explore "past lives" to better understand your Total Self. Experience a deep exploration of other lives to gain perspective, clarity and understanding to release past conflicts.

A skillful Monroe trainer will guide you on an experiential journey into the fascinating world of time travel. In just 2.5 days, you'll learn basic time travel techniques to begin developing your own innate ability to perceive events across time and space.

Ready to set a new course? Wherever you are in your journey, know that you will continue to grow beyond that level of awareness. Begin to honor and appreciate your process for self-discovery.



(See link in the details section below.)

Gain a greater understanding of the eternal nature of your being and your connection to others. Move forward in local time, meeting your future wise Self, perceiving future events, allowing you to minimize future poor choices and maximize your highest potential for wise decisions in your daily life. Create a new life overview that allows you to navigate this life with less resistance and fulfill your desired potential!

See your spirit's journey—past, present and future. What makes you, you? Each of us is born with unique opportunities for personal growth and self-actualization. Yet, in the unfolding of our lives, we sometimes experience doubts. Revisit earlier years of your current life. Assist your younger Self in difficult situations and help heal the past.

Explore what many call "past lives"—along with other aspects of your consciousness—toward a new understanding of your current life situation. Discover abilities/talents you carry from other lives. Explore other lives where you were together with loved ones from this life.

How it works

1. Timeline Basics Virtual Retreat is a 2 ½ day real-time interactive online retreat.

2. Tentative schedule

1. Day 1 begins at 3:00 pm (ET) with an overview, introductions, logistics, and an audio exercise. The day ends at 6:00 pm.
 2. Days 2 and 3 begin at 9:30 am (ET). Each day is different and includes 3-4 audio meditation exercises, activities, videos and short presentations with a break for lunch. Each day ends at 6:00 pm.
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3. The program will be conducted using Zoom meeting, a popular online platform for video conferencing and interactive online instruction. Audio exercises will be streamed through the Zoom platform and also available for streaming through your Monroe account during the retreat.
 4. Reliable internet connection with a recommended minimum internet speed of 5 Mbps is needed for streaming the exercises.
 5. You will need headphones and a computer with a camera and microphone for video communications. Over-ear wired stereo headphones or high-quality earbuds are recommended with a cord long enough to reach the place where you will be listening to the exercises.
 6. To ensure you have true stereo sound, you can use this [Audio Test](#). (Linked in the details section below.) You should hear a pulsating frequency from ear to ear.

What You Get

In addition to the program materials and audio exercises, you will receive the following benefits.



Trainer Facilitation

Throughout the course a Monroe trainer will be there to answer your questions and support and guide you through the program.



Additional Audio Exercises

Continue your exploration once the program has ended with a take home audio exercise.